



Dursley

more than a
Running Club



The Price is Right!

Three DRC Runners lined up for the 9th MBNA Chester Marathon. James Price running his first Marathon, Ben Cardinale and Andrew Kirby. The conditions were ideal for Marathon running with a slight breeze and the temperature just 9°C at the start James Price whose training had been seriously dented by work commitments, went out with the 3.15 pace group; but after being tripped during the 4th mile he decided to push in front of the main group to give him more space. From this position he worked with a small group and started to progressively increase their pace and move their way through the field. At mile 16 James eased back the pace to ensure that he was able to get back safely he continued strongly, moving through the field. At mile



23 James started to lose a bit of pace when he came to the second to last climb he rallied but then struggled on the climb at mile 25 and wasn't able to recapture his pace from earlier in the day in the final mile. James finished first DRC in a time of 3.13.25, an absolutely brilliant performance given his disrupted training and the fact it was his first ever marathon. Ben Cardinale, who has a background in long distances triathlon, was hoping for a time in between 3.30 and 3.45, but was concerned as had not had the level of training that she would of liked going into a Marathon. She went out strong at 3.30 pace leading from the front, at the half way point she was still feeling strong and felt that she could achieve a sub 3.30 time if she worked hard. She pushed hard & got to the 20-mile mark with the 3.30 time in sight. She was fully aware of how tough the last 10k was going to be but she gritted her teeth & attacked the hill sections with vigour which put her in a fantastic position. Ben pushed hard over the last mile & was able to finish in an amazing



3.28.54 Both James and Ben paced their runs very well, with possibly Ben pipping James on this score with 10K splits of 49:52, 49:25, 48:32 and 49:38, also coming 23rd in her category! Behind these two young guns Andy Kilby was running at Chester with Kate Sackett from Ciren AC. Being "old Skool" Andy started hard and held on finshin in 04:14, with Kate doing the same just quicker, Andy wasn't in a position to use his famous sprint finish in this instance! Results: James Price 03.13:25, 403rd (105th SenM), Ben Cardinale 03.28:54 717th (23rd FV35); Andy Kilby 04.17:41 1879th, 46th MV60.



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Warwickshire Triathlon

It was a great turnout at the Warwick Tri with at least 20 finishers from DRC Tri. Fran Amigoni was a very proud DRC-Triathlete today finishing 4th woman overall and 1st in her category and it was all pretty close with just two and half minutes separating her from third place! And she wasn't far off being quickest DRC triathlete overall.

It was also a close race between the DRC men, with Paul Breen and Luke Russell battling it out. Paul just edging it by 4 seconds, with Luke working very hard over the run to almost pull it back.

There were other close run placings a 6 second gap between Teresa Walton and Annette Heylings of just 6 seconds and 9 seconds between Karen Eadon and Jo Lewis.

Currently Chris Young results are missing, with start list alphabetical by surname he was almost the last person off so maybe the timer had gone home for him. As ever lots of smiles both during and after then event



Results

Women:

Fran Amigoni 01:06:37 4th;
Sue Peachy 01:18:08, 44th; Hannah Osborne 01:23:35 77th;
Sandra Lewis 01:23:51, 80th; Michelle Ball 01:26:31, 89th; Jess Lewis 01:31:45 124th; Teresa Walton 01:32:20, 127th; Annette Heylings 01:32:26, 129th; Karen Eaden 01:38:16, 147th; Jo Lewis 01:38:25, 148th; Liz McConnell 01:42:52, 158th.

Men

Paul Breen 01:06:26, 32nd;
Luke Russell 01:06:30, 33rd; Andrew Osborne 01:11:12, 78th;
Richard Lewis, 01:14:51, 120th; Julian Peachey, 01:15:33;
Ian Fendt, 01:17:26 153rd; Kevin Brockway 01:17:48, 159th;
Terry Cother, 01:30:13, 253rd,





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Don't Stop even if you are on top!

Spartan Windsor Sprint

Mark Sprigings had a little warm up for the Obstacle Course Racing World Championships in two weeks' time. He posted:

"Today just a little warm up ready for the real deal in 2 weeks' time! Was great to wear and compete in my United Kingdom top for the first time and bump into a few other representing the country at the World Champs. Decent result today, and had I not stopped on the final obstacle at the top of a 9ft wall for a photo opportunity and wave to my kids I would've won the event! Mark S said this hi under no illusion that the "worlds are going to be a whole different ball game!"

Well done Mark!



Cardiff Half

12 DRC athletes completed the Cardiff Half, with Nick Fennell leading the team home in just under 01:49, with Pete Dunn hard on his heels and Hugh Poppy had on his! Liz Fairall was first DRC woman in a smidgen over 2 hours with training partner Nicki Squire running a big PB behind her. Rebecca Halford ran her first ever half and posted: this was the biggest challenge that I've set myself so far. The pain set in between miles 6-11 and I ache all over! I am so proud to have completed it in 2hrs 48mins. Massive thank you to everyone who supported me and especially Mum and Dad who came all the way to support me



me. Also my amazing running buddy Cara who I lost at mile 11!" who supported me and especially Mum and Dad who came all the way to support me. Also my amazing running buddy Cara who I lost at mile 11! Not all runners results are up so no official result yet for Louise Beck but she got Sam Stevens and herself to the finish, Well done both!

Results:

Nick Fennell, 01:48:45, 4353rd; Pete Dunn, 01:51:09, 5416th;
Hugh Poppy, 01:53:17, 5617th; Lucy Fairall, 02:00:16, 6809th;
Nicki Squire, 02:02:03, 7184th; Steve Barnes, 02:26:41, 12745th;
Sarah Willcox, 02:31:47, 14211th; Leigh Allen, 02:36:32, 14914th;
Katie Reynolds, 02:36:34, 14922nd; Rebecca Halford, 02:48:45, 16642nd;
Cara Zoglowek, 02:54:19, 17105th; Sam Stevens 03:11:51, 18,132nd;
Louise Beck TBC



***First XC League race Saturday October 13th
Old Down Country Park!***

NB all timing shifted back Juniors start at 13:00 with Sen Men off at 16:05



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SEPT CHALLENGE UPDATE

Given the late start for the Off-Road segment the Sept challenge is being extended by the two Daves (Wood and Halford) until the end of Oct.

Leaderboard at 1st October

- 1 Mark Sprigings 00:35:14 R
- 2 James Price 00:36:12 R
- 3 Dave Halford 00:36:20 OR
- 4 Audrey Harris 00:36:30 OR
- 5 Dave Wood 00:36:40 OR
- 7 Janet Matthews 00:42:54 R
- 8 Jake Matthews 00:43:18 OR
- 10 Luke Davis 00:43:23 R
- 11 Damian Lai 00:45:02 R
- 12 Lucy Fairall 00:46:45 R
- 13 Liz Halford 00:47:06 R
- 14 Louise Biddell 00:47:23 R
- 15 Nicki Squire 00:48:21 R
- 16 Teresa Walton 00:51:35 R
- 17 Margaret Badger 00:51:57 R
- 18 Cara Zoglowek 01:07:01 R

Details of The Road can be found here:

<https://www.strava.com/segments/18772442?filter=overall>

Details of The Off-Road can be found here:

<https://www.strava.com/segments/18715509?filter=overall>

Tuesday Night is club Night

Please don't forget NO REFLECTIVE HI VIZ NO RUN and head torches are essential but optional, here are your leaders for Tuesday's club runs:

Kangaroos AU - Cath Hall

Greyhounds 🐕 - Cara Zoglowek and Louise Beck

Greyhares 🐇 - Sarah Willcox

Hares 🐇 - Nicki Cowle

Foxes 🦊 - Steve Rugman

Lions 🦁 - Richard Hensman

Leopards 🐆 - Kris Rymer

Antelopes 🦒 - Dave Wood

Penguins 🐧 - Nigel Sankey

Nicki aka the Badgerer Cowle and Damian Lai the Badgerer Assistant